

Council On Aging News

February 2010



Mayor, Thomas P. Koch

Director, Thomas F. Clasby, Jr.

Chairman, John Molloy

617-376-1245

440 East Squantum Street

Dear Friends:

It's hard to believe that February is already upon us. You may have noticed the days are getting a little bit longer, but though it's still a little while off, spring is just around the corner. It's been eight months since the Kennedy Center opened its doors and overall we are all pleased with the programs and events that have taken place. As you may recall, when we first opened, I said there would be six months of celebration. During that time we had many terrific events with no cost at all to the city or the participants. We will continue to forge partnerships with the private sector for their helps in defraying costs of events. In this economic climate you can imagine it is difficult to fund so many of the things we would like to do. Having said that, beginning this month for certain events there will be a small charge to our participants so that we can sustain a vibrant center. There will still be many programs which folks can participate in at no cost. I'm sure you all understand.

February, as most of you know I'm sure, is Black History month. Situated right after the holiday commemorating Dr. Martin Luther King, Jr. birthday it is a nice segway for us to remember the contributions of so many great Americans that have been an intricate part of our history from birth of our nation thru the civil rights movement and up to the present day. For many of us, we did not learn in our history class all the contributions of these great Americans. However the library has volumes that chronicle their endeavors. Making this just another great reason to visit our beautiful library.

Sincerely,
Thomas F. Clasby Jr.
Director



Upcoming Events

Back Safety

Crafters Circle

Dance

Equipment Loan Program

Exercise

Financial Planning

Get up & Move!

It's a Party!

Make Your Own Jewelry

Movie of the Week

Nutritional Workshop

Social Networking Seminar

Stroke Prevention Screening

Tax Assistance

Tea Seminar

Valentine's Day Cards

Yoga for Seniors

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Computer Classes

Create Valentines



Our computer instructor Grace Buscher will walk you through the steps to create valentines for you to give friends and family. This is a two week class. They will be held Thursday, February 4th and February 11th at 1:30 p.m. in the Kennedy Center Media Room.

Space is limited. \$4 fee for materials.

This class is only for those who have an advanced knowledge of computers.

Call the Quincy Council on Aging at
617-376-1506 to reserve your space.

Stroke Prevention Discussion

Join Leah Santello of Life Line Screening for a discussion of tips to prevent a stroke.

Tuesday, February 4th

10 am

The Kennedy Center
440 East Squantum Street

If you would like to sign up for this discussion please call the Quincy Council on Aging at
617-376-1506.



CPR Training for Seniors

Join instructor Ruth Jones, BSN to learn the techniques and earn a certification in Adult, Child and Infant CPR and AED.

Tuesday, February 16th

10 am - 2 pm

At

The Kennedy Center
440 East Squantum

To register for this event please call the Quincy Council on Aging at 617-376-1506.

What does Assisted Living offer and is it for Me?

Join the Quincy Council on Aging and Jean Patel Bushnell, Executive Director, Standish Village of Lower Mills for a complimentary lunch and information session on

Friday, March 5th

12:00 - 2:00 PM

We invite you to lunch and learn!

Space Limited

To register for this event please call the Quincy Council on Aging at 617-376-1506.



Exercise!



Join our instructor Karen for a program that will include Cardio, Endurance and Strength Training Chair Exercises.

Exercise helps-
Maintains Muscle & Improves Balance

Go at your own pace!

Bring your own mats and small weights.

Thursdays at 9 a.m.

\$3 Fee

Kennedy Center

440 East Squantum Street

To register for these classes please call 617-376-1506.



Foxwoods Trip



Our next trip to Foxwoods will be held
Thursday, March 4, 2009.

To make reservations, please send check, made out to Celebration Tours and mail to

Quincy Council on Aging
440 East Squantum Street
Quincy, MA 02171

An early sign-up would be appreciated.



Join the Quincy Council on Aging
for

Yoga for Seniors



Eldys Yoga Practice has poses for every level!

Certified Yoga Instructor Margie Bello will

be having classes every

Thursday at 12:30 pm

There is a \$3.00 fee for this class

To register for these classes please call

617-376-1506.

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Will your retirement income last as long as you do?

Many people nearing and in retirement are filled with uncertainty and worry caused by a lack of clarity about their retirement income and how long it will last.

Please join us for a free seminar, "**Planning for Income to Last Your Lifetime**" sponsored by the Quincy Council on Aging and hosted by Matthew McLaughlin, Investment Advisor Representative from AspenCross Financial Group. You'll hear about five key risks to a financially secure retirement and what you can do to help gain confidence about your retirement years.

Monday, March 15th

10:00 a.m.

Quincy Council on Aging
440 East Squantum Street

To register for this event please call 617-376-1506.



Join our Crafters Circle!

Every Wednesday at 10 am

at the
Kennedy Center
440 East Squantum Street

Bring your knitting, sewing, or quilting projects and supplies. Share tips and ideas with other crafters or knit a pair of mittens or blanket to donate to a needy child.



80% of all strokes CAN be prevented.

Help reduce your risk of stroke.

The Quincy Council on Aging will be hosting Life Line Screenings on

Monday, March 22nd

At
The Kennedy Center
440 East Squantum Street

Life Line Screening will be performing ultrasound tests for-

- stroke,
- (AAA) abdominal aortic aneurysm
- (PAD) peripheral arterial disease
- atrial fibrillation
- osteoporosis

You must call 1-888-653-6441
to pre-register..

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February Events



<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Info</u>
2/2	Movie - Ground Hog Day Starring Bill Murray & Andie MacDowell	12:00 pm	
2/4	Stroke Prevention Discussion	10:00 am	Registration Required
2/4	Create Valentines Class	1:30 pm	Registration Required
2/9	Back Safety w/Dr. Mark Smith	10:00 am	Registration Required
2/9	Movie - An Affair to Remember Starring Cary Grant & Deborah Kerr	12:00 pm	
2/11	Create Valentines Class	1:30 pm	Registration Required
2/15	Presidents Day	Kennedy Center Closed	
2/16	CPR for Seniors	10 am	Register Required
2/16	Movie - All the Presidents Men Starring Dustin Hoffman & Robert Redford	12:00 pm	
2/18	It's a Party!	12:00 - 2:00 pm	Registration Required
2/19	Make Your Own Jewelry	1:00 pm	Registration & Fee Required
2/23	Movie - My Big Fat Greek Wedding Starring Nia Vardalos & John Corbett	12:00 pm	
2/24	Get Up & Move!	10:30 am	Registration Required
2/24	Learn to play Wii		Registration Required
2/26	Social Networking for Seniors	11:30 am	Registration Required

Ongoing Programs		
	<u>Program</u>	<u>Time</u>
Mondays -	Foot Screenings - 1st Monday	By Appointment
	Hearing Screenings - 3rd Monday	By Appointment
	Blood Pressure	10:00 - 11:00 am
	Scrabble	11:00 - 3:00 pm
Tuesdays -	Shine Program	By Appointment
	Piano Lessons	By Appointment
	Dance	10:00 am
	Movie	12:00 pm
Wednesdays -	Shine Program	By Appointment
	Crafters Circle	10:00 am
	Volleyball	10:00 - 12:00 pm
	Poker	11:00 - 2:00 pm
	Computer Classes	1:30 - 2:30 pm
Thursdays -	Foxwoods Trip - 1st Thursday	8:00 am
	Exercise	9:00 am
	Yoga for Seniors	12:30 - 1:30 pm
	Caregiver Support Group - 1st Thursday	1 - 2 pm
Fridays -	Line Dancing	10 am
	Bridge	12 - 3 pm
	Computer Classes	1:30 - 2:30 pm
	Financial Planning	By Appointment
	Wills - 3rd Friday	By Appointment

Know Your Community

Dining Out While Dieting

Ruth Jones BSN, RN, BC, CP-FS

Eating out on a diet doesn't have to be cause for panic. Just use these simple tips for eating out on a diet:

1. **Order your main dish from the appetizer menu.** Not only are appetizers more reasonably-portioned, they will save you some money as well. Order a side salad, too -- the fiber-rich veggies will round out your meal. Soup is super-filling, so it's an awesome appetizer add-on, too (just steer clear of cream-based ones).
2. **Wrap it up.** You know you're at a nice restaurant when the server takes your plate away and wraps up your leftover food for you at the end of the meal. To keep temptation at bay and ask the server to wrap up half of your meal as soon as it is served.
3. **Banish buffets.** Portion control can become a foreign concept for even the most determined dieter at an all-you-can-eat buffet. The variety of foods available at buffets is also daunting -- studies have shown that when we're given more choices, we tend to eat more without realizing it. Simply avoid buffet restaurants and you won't have to face this temptation.
4. **Keep tabs on the pasta.** Endless pasta at your favorite Italian restaurant is a waist-widening trap for those who tend to overeat. As tempting as the great "value" for your money that infinitely-refilling pasta bowl seems, it's certainly *not* a bargain for your calorie budget. Order a portion-controlled main dish instead. Pass on the endless breadsticks, too!

City of Quincy



The Perfect Barrel

The perfect Barrel for both trash and recycling is a 32 gallon plastic barrel and lid. Single Stream recycling allows residents to place all recyclables into a single barrel. No more separating paper and cardboard from plastic, glass and metal. Therefore, Single Stream recycling requires a 32-gallon barrel. For Single Stream recycling purposes, at least 2 blue Single Stream recycling stickers should be placed on the recycling barrel.

Single Stream stickers and a coupon for \$5 off the perfect Single Stream Recycling Barrel are available at City Hall Information Desk and the DPW offices at 55 Sea Street. Coupons are redeemable at Curry Hardware and Danny's Hardware.



Family and Caregiver Support Group

Presented by
The Atrium at Faxon Woods

The Complexity of Alzheimer's disease and related dementias severely impacts the family and professional caregiver. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope. Join us for educational and helpful discussions embracing topics such as :

- Handling Challenging Behaviors
- Research
- Family Dynamics
- Enhancing Communication

The Third Saturday of every month
at 10:30 am
At

The Atrium at Faxon Woods
2003 Falls Boulevard

Kindly RSVP at 617-471-5595

The Atrium
at Faxon Woods

Free Tax Assistance



Quincy Council on Aging is now taking appointments for FREE tax assistance for needy seniors. All tax assistants are trained volunteers.

You will need to bring the following:

W-2's and 1099's

Statements of other income

Information for all deductions or credits

A copy of last years tax return

2009 Real Estate and Water & Sewer Bill

Only uncomplicated returns will be considered.

Please call the Quincy Council on Aging to schedule an appointment at 617-376-1506

DANCE DANCE DANCE

With Christine McCarthy

Come and dance with Instructor Christine McCarthy. Christine has her major in Dance, formerly danced with Disney and is a certified Arthur Murray instructor. She will instruct the group on dances from the 40's, 50's and 60's.

Classes every Tuesday at 10 am

\$3 fee

To register for these classes please call

617-376-1506.



Join the Quincy Council on Aging and Dawn MacLeod-Kulig registered dietitian for Kindred Healthcare for a

Nutritional Workshop

Wednesday, March 24th

11 am - 12 pm

Learn more about the foods you enjoy most and how to incorporate them into your lifestyle. Healthy snack and a door prize will be provided.

To register for this workshop call 617-376-1506.

Sponsored by Quincy Rehabilitation and Nursing Center

Have you ever wanted to learn how to play Wii?

Quincy Council on Aging and Gentiva Health Services will be hosting a sports/fitness hour on

Wednesday, February 24th

11 am - 12 pm

Please join us for our Wii fitness event including bowling, golf and light refreshments.

To register for this event please call 617-376-1506.

Wii

Quincy Council on Aging presents

"Make Your Own Jewelry"

Jewelry classes will be held at the Quincy Council on Aging. Learn how to make a piece of jewelry. If you like it you may purchase it for a small fee.

February 19th
&

March 19th

1:00 p.m. - 3:00 p.m.

Kennedy Center
440 East Squantum Street

Call the Quincy Council on Aging to make a reservation or if you have any questions at 617-376-1506.

Get up and Move!

Norwell Visiting Nurses and Hospice will be putting on a program to learn how exercise and physical activity can help maintain and improve physical strength and decrease fall risk. In addition, seniors will learn and develop an understanding of how exercise and activity can help manage and prevent diseases like diabetes, heart disease, breast cancer, colon cancer and osteoporosis. Understanding the benefits of healthy life choices will motivate the participants to "Get Up and Move".

Join us on
Wednesday, February 24th

at 10:30 am

Kennedy Center
440 East Squantum Street

To register for this event please call 617-376-1506.

Join Tony Nagi from
Response Link on
Tuesday, March 23rd
at 10:00 a.m.

Come and learn all that the
Response Link push button home
medical alarm system has to offer.

Space is limited

If you would like to sign up for an event
please call the Quincy Council on Aging
at 617-376-1506.



Prescription Advantage Presentation

Each year thousands of seniors in Massachusetts reach the
gap in their prescription drug coverage (Medicare Part D)
often called the "donut hole." This year seniors will reach
the gap when the total (retail) cost of their prescriptions
reaches \$2,830. From that point on, the next \$3,610 in pre-
scription drug costs are not covered by Medicare!

Don't let this happen to you.

Prescription Advantage can help.

Kathy Campbell from the Executive Office of Elder Affairs
will be at the Kennedy Center to explain how Prescription
Advantage can help to fill the hole in your Medicare pre-
scription drug coverage.

You won't want to miss this important presentation!

Monday, March 8th at 10:00 am

To register for this presentation please call 617-376-1506.

Reflections on the Fine Art of Tea Drinking



An Afternoon Tea Seminar
with presenter

Marie Dunn Frazier, Emerson College, B.A., M.A.

Learn about-

The History of Tea
The Legend of Tea
Customs of Tea
Tea Leaf Surprises

March 25th
1:00 pm - 2:00 PM

For reservations please call 617-376-1506

There will be a fee of \$2.00

Social Networking for Seniors

Join the Quincy Council on Aging and Marina Bay Skilled
Nursing for a presentation and luncheon on social
networking.

Friday, February 26th
at 11:30 am

At the Kennedy Center
440 East Squantum Street

Learn about the internet, Facebook,
Twitter and email. Keep in touch with relatives and
friends around the country.

Space is limited

To register for this presentation please call
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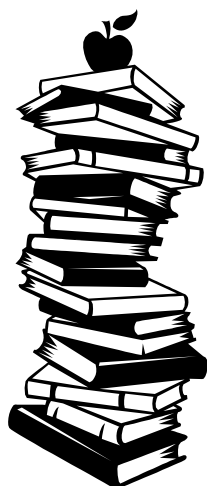
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pass it on to a friend when you are done.

Our library is located inside the Café Coffee Shop
at the Kennedy Center.



Piano Lessons for Seniors



Instructor Enikö(Erica) Kőnye is available
for lessons any weekday morning
at the Kennedy Center
440 East Squantum Street

First Lesson is Free!!!

See her perform the first Thursday of the month at 10 am
in our music room!

Call the QCOA to schedule a lesson at 617-376-1506.



FREE MOVIE OF THE WEEK MARK YOUR CALENDAR



February 2: Ground Hog Day
Starring Bill Murray & Andie McDowell

February 9: An Affair to Remember
Starring Cary Grant & Deborah Kerr

February 16: All the Presidents Men
Starring Dustin Hoffman & Robert Redford

February 23: My Big Fat Greek Wedding
Starring Nia Vardalos & John Corbett

Feel free to bring refreshments and friends!
Or you can buy your refreshments in the Coffee Café where we
provide candy, chips and soda at a discounted price!

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Recipe of the Month

Orange Pork Chops

6-8 medium Pork Chops

1/2 sticks margarine

2 1/4 cups orange juice

- Brown both sides of pork chops in margarine in hot skillet adding salt and pepper.
- Pour orange juice over chops. Cover and simmer until done about one hour but time will vary with the thickness of the pork chop. Add more orange juice if necessary.
- During the last few minutes of cooking add the 2 tablespoons of orange marmalade.

Equipment Loan and Donations

The QCOA provides wheel chairs, canes, walkers, and bath seats to seniors in need. Seniors can borrow the equipment and use it for as long as they need it. In order to supply this equipment for the seniors we take donations of walkers, wheelchair and bath seat.

No commodes please.

PLEASE NOTE

If you have signed up for an event and are unable to attend please call us at 617-376-1506 to cancel. Many events have waiting lists and we would love to have another senior take your spot.

S.W.A.P. Senior Workers Abatement Program

If you are interested in learning more about our SWAP program please call

VOLUNTEERS NEEDED

The Quincy COA is in need of several volunteers to help out at the Kennedy Center in the following areas:

Upkeep of kitchen
Set up of tables and chairs for special events
Organizing and maintaining Library
maintaining Kitchen

If you are interested, please call Nancy at

Happy Birthday!

Dorothy Dow
Kay MacPherson
Peg O'Connor

Facts about February

The second day of February is often referred to as Ground Hog's Day. The old stories told are that the ground hog comes out of its burrow on February 2, to look for its shadow. If there is sunshine and he sees his shadow, then he goes back to sleep and there will be more winter time. If he doesn't, then the spring time will begin.

Valentine's Day is celebrated on February 14 in most western countries. Young and old exchange cards with loved ones. This custom is hundreds of years old, valentine greetings having been found that date back into the 1400's.

The third Monday in February is Presidents Day. Both Washington and Lincoln's birthdays were in February. It is considered a Federal holiday for celebration of Washington's birthday, but most states also honor all president's on this day.



Important February Dates

February 2nd - Ground Hog Day

February 14th - Valentines Day

February 15th - Presidents Day

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